



Stay Active & Independent for Life

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Dear SAIL Instructors and participants:

Fall is upon us as the crisp autumn air begins to take hold and the beautiful colors of our Tennessee landscape come into view. It is always exciting at the beginning of fall because it means "Football time in Tennessee!" Perhaps it's the anticipation of victory or the agony of defeat that fills the fall air with exhilaration. Regardless of the outcome, that Big Orange team will always be our beloved **VOLS!** 🏈

Also, this time of year is especially dear and special to many as we approach the Thanksgiving and Christmas season. It's a time of reflecting on the months past as the year comes to an end and we begin to look forward to the future as 2018 unfolds!

It has been a stellar year for the SAIL program. The State of TN has recognized the significant impact SAIL has had through the fabulous **volunteer** instructors across the East Tennessee Region. As a result of this new level of recognition, we will both be presenting the story of SAIL's success at two state conferences this fall! We also hope to expand our reach beyond the eastern region since representatives from other organizations across the state have expressed an interest in the SAIL success and want to learn more! Every active SAIL leader past and present has played an important role in this success! There just aren't words to express our thanks to you ALL!

In closing, let us just say we are amazed and thankful for the many blessings of life including our SAIL classes, programs and participants. This has been a wonderful first "inaugural" year for the SAIL newsletter. It is encouraging hearing from many that the newsletter has brought something new and enriching to our SAIL family.

Happy Fall Ya'll and Happy SAIL-ing!

Rachel & Cynthia

Fitness is more fun with Friends!



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"A person who feels appreciated will do more than expected."

The Value of Exercise for Balance and Dizziness Problems



Vision

There is a strong relationship between the value of exercise and helping people with balance and dizziness problems. When we balance, we use input from our eyes (visual), inner ears (vestibular), and receptors throughout our body (somatosensory). We use all three systems to perform activities of daily living.

When someone has balance problems or become dizzy, they sometimes lose the ability to use one or more of these systems and begin to have problems of falling or dizziness. Exercise has been proven to enhance the brain's ability to compensate for balance deficits and to help the body regain the use of the throughout the body.

The SAIL program incorporates many aspects of movement which assist the brain in compensating for weakness in one of the three areas of balance. Here is how it helps:

- Numerous standing exercises, movements, and balance activities in rhythm to music.
- Head turning activities which incorporate the inner ear and visual systems.
- Reaching and balancing exercises to activate the body's receptors and inner ears.
- Exercises designed to incorporate all three systems together while walking and moving
- Improving blood flow to the brain through cardiorespiratory exercise



Vestibular

If someone does have a specific loss or deficit in one of these areas it is valuable to have the problem evaluated by a physician. Physical therapy with a vestibular rehabilitation certified therapist may be ordered. The therapist will assist a person to regain balance by retraining their brain to compensate. Once the brain has improved with physical therapy intervention, the SAIL program can greatly assist in maintaining the brain compensations so that the person is able to maximize quality of life and reduce falls.

In conclusion, exercise has shown remarkable benefit for improving balance and dizziness to help improve a person's quality of life and reduce the risk of falls.

Contributed by Karren Hansen PT, DPT, SAIL Instructor

Somatosensory



Ask our Fitness Expert....



How Much Exercise Do I Really Need?

Q: What are the exercise recommendations for generally fit adults 65 & older without limiting health conditions?

A: The current CDC recommendations are 150 minutes weekly of moderate intensity aerobic exercise such as brisk walking or 75 minutes weekly of vigorous intensity exercise (jogging, running). Add to this 2 or more days a week to strength training that works all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms). Of course, always follow your MD's advice for exercise.

Q: Will I get enough exercise coming to SAIL classes only?

A: If you are just beginning to exercise, 2 -3 days of SAIL class may be enough. As time goes along and you become more fit, consider adding additional exercise such as walking, swimming, gardening—any exercise you enjoy and can safely participate in.

Q: I will be traveling during the holidays—how can I continue my exercise?

A. Consistency is key to maintain and improve fitness. Consider purchasing resistance bands to travel with. They are inexpensive, lightweight and easy to pack. You can also utilize water bottles, cans, etc for weights. If you are near a mall, consider going there to walk in the climate controlled setting. You might even convince your family to take a walking tour of neighborhood Christmas lights! If you are in an airport, walk instead of sitting while waiting for flights.

Q: I just don't see HOW I will have time to exercise during the holidays—it is SO busy!

A. Remember SOME exercise is better than NONE! Practice some extra sit to stands. Park further out in the parking lot if it is safe. Walk some extra laps inside your home. Practice a single leg balance at the kitchen counter waiting for the microwave. Try to work in exercise any way you can. Your body will thank you in January!

Warm Up—Is it Important?

Preparing the body for exercise is VERY important to prevent injuries. If you are going to take a brisk walk, start by walking at a slower pace on a level surface. Gradually increase your pace.

If you are doing strength training, go through the exercise movements without any resistance. For example, do some arm reaches, step side to side, reach forward and pull back.

With arthritis or stiffness, you may find you need longer warm ups. Be sure not to skip this important part of exercise!

Helpful Resources:

- ◆ SAIL handbook
- ◆ https://www.cdc.gov/physicalactivity/downloads/growing_stronger.pdf
- ◆ https://go4life.nia.nih.gov/sites/default/files/nia_exercise_and_physical_activity.pdf



For the Funny Bone...



Grandma's

Christmas Strategy

One Christmas, a mother decided she was no longer going to remind her kids to send thank you notes. Consequently, the kids' grandmother never received any thanks for the Christmas checks she sent to the kids. The very next Christmas, all the kids stopped by in person to thank their grandmother for their checks. When asked by a friend what caused this change in behavior, the grandmother replied, "Simple. This year I didn't sign the checks."

Merry Christmas!

Grandmother



Instructors Corner—Spotlight on Karen Hansen, PT, DPT

Karen received a Doctorate in Physical Therapy from Washington University School of Medicine. She also is certified in Vestibular Rehabilitation.

"I specialize in balance and dizziness, neurological conditions, and spinal pain. I wanted to become a SAIL instructor to provide an exercise intervention after people are finished with formal physical therapy or for community members who may be at a higher risk of falls to try to reduce their risk. I am married with two children, a daughter, Emily, who is nine and a son, Erik, who is four. We love to go to the park, ride bikes, and roller-



White Bean and Ham Soup

Serves 6-8

Ingredients:

- 1 pound dried white beans
- 2 quarts water
- 1 ham bone with some ham meat
- 1 tablespoon unsalted butter
- 1 large white onion, finely chopped
- 1/3 cup celery, chopped very fine
- 1 garlic clove, peeled and smashed
- 3 thyme sprigs
- Kosher salt and Freshly ground pepper to taste

Instructions:

1. Rinse beans in a colander. Put beans into a large soup pot and cover with water. Allow to soak overnight or at least up to 4 hours. Drain beans and rinse again. Add beans back to pot and add 2 quarts water and ham bone. Cook on medium heat until beans are almost tender.
2. Melt butter in a skillet, add onions, celery and garlic. Cook on medium heat until onions are tender. Add thyme and cook about 3 more minutes. Add the onion mixture to the beans and ham bone and continue to cook until bean are tender.
3. Remove the ham bone from the soup and remove any ham and add the meat back to the soup. Discard the thyme sprigs. Season with salt and pepper to taste.

Cooking Wiser: For a faster, easier version use canned beans (2 cans). Add beans to a soup pot with 4 cups chicken broth and ham bone. Proceed with step 2. Add onion mixture to beans and cook covered for 40 minutes on medium heat.

Recipe contributed by Terri Geiser, SAIL Instructor—Knoxville

Tasty Tips Corner



Have You Had a Flu Shot This Season?



It has been recognized for many years that people 65 years and older are at greater risk of serious complications from the flu compared with young, healthy adults because human immune defenses become weaker with age. While flu seasons can vary in severity, during most seasons, people 65 years and older bear the greatest burden of severe flu disease. In recent years, for example, it's estimated that between 71 percent and 85 percent of seasonal flu-related deaths have occurred in people 65 years and older and between 54 percent and 70 percent of seasonal flu-related hospitalizations have occurred among people in that age group. So influenza is often quite serious for people 65 and older.



Staying on Track: Holiday Parties

It can seem challenging to stay on track with healthy eating during the holidays. No one wants to miss out on all their favorite holiday treats . . . so we won't ask you to . . . but we do want to help you enjoy holiday fare while staying on track for better health . . . it's called COMPROMISE!

Increasing healthy food choices during the day and before the party will help you skim through the holidays without sinking into excess! You'll find you are less apt to indulge when the plates of delicacies are offered if you've fed your body well throughout the day.

- Although we tend to solely focus on eating healthy, what we drink is just as important. If there's a magical elixir to drink, it's water! Drink it first thing in the morning to begin the day hydrated.
- Eat a protein-rich breakfast which will keep you feeling full longer into the day and fire up your metabolism.
- Eat at least three snacks throughout the day to keep your hunger under control. Stock up on fruit, nuts, cut up raw veggies, and individually packaged cheeses to keep in your own insulated bag ready to grab on the go.
- Focus on veggie-laden salads for lunch. Prepare your favorite salad in a jar . . . toss in some protein-rich foods like grilled chicken or garbanzo beans. End your meal with some fruit or light yogurt and your body will love you for it.

Now that you have quenched your hunger and know that you have eaten healthy foods throughout the day, you can enjoy the party.



Healthy Grinch Treats

- Toothpicks
- Green Grapes
- Banana Slices
- Strawberries
- Miniature Marshmallows

Instructions:

Thread fruit onto toothpicks as shown in picture. Top with marshmallow. Enjoy!!!



What's New with East Tennessee SAIL Classes



The Karns Senior Center and SAIL class participated in an informational and promotional video for the SAIL program. The video featured Instructor Debbie Harris, Health Educator and SAIL Coordinator, Rachel Frazier, participant Linda Carver and Ann Gibson. The video will be posted on the KCHD Facebook page and website as well as the ETHRA Facebook page and website. If you are on Facebook please "like" the video and share. The websites are knoxcounty.org/health/sail and ethra.org.



The Maryville SAIL class won third place in the National Council on Aging's 2017 Falls Free® photo contest. The class won a monetary prize and the photo will be used on the NCOA website and social media. The poem accompanying the photo was written by class member Dorothy Dodd. Congratulations Maryville!



3rd Place

"SAILing to Safety"

*There once were some old folks most weary
That even themselves couldn't carry
But to see them all now
You would have to say "Wow!"
Thanks to Thelma, Juli, and Terri*

*These folks who once seemed so frail
Are now more hardy and hail
They can stretch and can breathe
Leg and hand weights they heave
After joining a class called S.A.I.L.*

S.A.I.L. = Stay Active and Independent for Life



We would love to share activities and testimonials from all of our SAIL groups! Please send your news and photos to Rachel at Rachel.Frazier@knoxcounty.org . We will try to include as many as possible in a future SAIL newsletter!